

Fudgy Chocolate Walnut Pie

Ingredients:

- Vegetable oil spray
- 1/2 cup reduced-fat thin chocolate wafer cookie crumbs or chocolate graham cracker crumbs (about 10 wafers or 8 graham cracker squares)
- 1 cup sugar
- 3/4 cup fat-free evaporated milk
- 1/2 cup light corn syrup
- 3 tablespoons unsweetened cocoa powder (Dutch process preferred)
- 3 tablespoons semisweet chocolate chips
- Egg substitute equivalent to 3 eggs
- 2 tablespoons chopped walnuts



Directions:

Preheat oven to 350°F. Spray a 9-inch pie pan with vegetable oil spray. Using your hands, pat crumbs on bottom of pie pan. In a medium saucepan, whisk together sugar, milk, and corn syrup; cook over medium heat until sugar has dissolved, 3 to 4 minutes, whisking occasionally. Remove from heat.

Whisk in cocoa powder and chocolate chips. Let mixture stand for 5 minutes, whisking occasionally to help it cool slightly. Whisk egg substitute into chocolate mixture until smooth; pour into pie pan. Sprinkle with walnuts. Place pie pan on a baking sheet.

Bake for 35 to 40 minutes, or until center is set (doesn't jiggle when pie is gently shaken). Let pie cool on cooling rack for 30 minutes. Serve warm or chilled.

Serves 8

NUTRITIONAL INFORMATION (per serving)

Calories: 240

Protein: 5 g

Carbohydrates: 51 g

Total Fat: 3 g

Saturated Fat: 1 g

Polyunsaturated Fat: 1 g

Monounsaturated Fat: 1 g

Cholesterol: 1 mg

Fiber: 1 g

Sodium: 111 mg

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